

# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, MAY 10, 2002

VOLUME 27, NUMBER 18

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*"The nation which  
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— Calvin Coolidge

# Knowledge is power

Do you know  
your limit?  
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# Words from the top...

## Keeping fit ensures a healthy Team Travis

By Col. Dave Lefforge  
60th AMW commander

This month marks the 17th annual **May Fitness Month** and Travis, along with Air Force bases worldwide, is hosting several activities targeted at getting more people to make fitness a part of their lifestyle.

The 60th Services Squadron is highlighting the theme of mission fitness through several events such as the **aerobathon** on Monday and the **Armed Forces Day 5K Run/Walk May 18**. They're also hosting a contest for people to earn points for exercising, eating well and participating in activities that promote healthy living. Prizes even include a trip for two to Jamaica or the Bahamas. Pick up a punch card at our newly renovated, state-of-the-art Fitness Center or call 424-2008 for more information about events.

The **Fitness Center grand opening** is scheduled for Monday...it's a highly anticipated event for the entire base. The Fitness Center includes new, larger facilities and some refurbishment to some of the existing facilities. It's come along well, and the Fitness Center staff, Services Squadron and I are very excited to present it to you for your use.

Physical prowess was on full display Saturday at Vanden High School during the 3rd annual **Viking Challenge**. Thirty-one teams ran in relays for 24 continuous hours to raise money for the **Travis Fisher House**. Congratulations to the **60th Aircraft Generation Squadron** for running a whopping 198 miles...setting a new record! Donations are still being collected but the amount is expected to exceed last year's raised total of \$9,100. The physical abilities and determination exhibited at the Viking Challenge were fine examples of how fitness can promote readiness and morale. See Pages 16 and 17 for the full story.

We received some fantastic news this week about one of our superstars among superstars. **Master Sgt. Bruce Heinzen**, flight chief for our Airman Leadership School, was recognized as the Air Force **ALS Flight Chief of the Year**! He'll be the very first one to tell you that the success of our ALS is the result of hard work and dedication from a large number of individuals, including his tremendous instructor cadre and the many Chiefs, First Shirts, NCOs and officers who assist with every class' curriculum. We're very, very proud of our ALS team...and of Master Sgt. Heinzen!

Along with teamwork, individual healthy bodies and minds are keys to our mission success. Unfortunately, drunk driving



Airman 1st Class Alice Moore / 60th AMW Public Affairs  
Col. Dave Lefforge, 60th Air Mobility Wing commander, poses for a photo Tuesday when he visited the men and women of the 60th Aerial Port Squadron.

and alcohol-related problems hurt the base and put people at risk. I would like to encourage the entire base to come to the Delta Breeze Club this afternoon for the first event in a series designed to address drunk driving and alcohol-related problems. **The Real World Travis — DUI Education Campaign**, led by **Capt. Tina Johnson** from Protocol and several volunteers across the base, will sponsor a two-hour block of entertainment in the enlisted lounge. During this time, handpicked volunteers within the group will be in a controlled environment to consume alcohol. As time goes by, the volunteers will go through field sobriety tests as well as be asked of their perception how sober they believe to be. This hands-on demonstration explores the different side effects of alcohol consumption and reveals the differences between someone's perceived sobriety in relation to their BAC. The ultimate goal of the project is to promote better decision-making skills and ultimately, to keep people out of harm's way.

Speaking of making good personal decisions, many of you may have heard that a civilian vehicle was struck at a railroad crossing near the base yesterday. Fortunately, the driver escaped with only seconds to spare before a train hit his vehicle. I've noted occasional careless driving going into and out of the base (speeding, unsafe lane changes), and I need everyone to "think before you act"...both on and off duty. There are a lot of moving parts in these busy lives we live...especially these days. Just help me make sure you connect those many parts together correctly...and be safe!

As always, each of you are magnificent individuals who make up an AWESOME team...and you make us proud every single day!

### ACTION LINE TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

#### Traffic circle



On numerous occasions I have almost been hit by auto-

mobiles who cross the solid white line in the commissary traffic circle instead of turning as I believe they should. A solid white line should not be crossed: you are supposed to remain on the inside of the circle until you are ready to exit it. Can you please post signs or at least put an article in the paper about the proper use of the traffic circle?



You are right. Vehicles in the inner circle must remain inside

the circle until such time as the lane markers allow an exit or lane crossing. This type of traffic pattern can be confusing: the key is driver attentiveness to the lane markings. A solid white line indicates no crossing. A broken line allows a driver to cross another lane after first ensuring it is safe to do so. Violators may be cited. Anyone witnessing a driving violation may contact the Security Forces Control Center at 424-2800.

### Tailwind

Travis AFB, Calif.  
60th Air Mobility Wing

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60th Air Mobility Wing commander

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Airman 1st Class Alice Moore  
60th AMW Public Affairs

**On the cover:** Learn about Travis' DUI Task Force, and its experiments. See Page 20 for the entire story.

# FEEDING THE WARFIGHTER

## Deployed refueling squadron offloads 100 millionth pound of fuel for OEF

BY 1st Lt. Jeff Roberts  
363rd AEW Public Affairs

OPERATION ENDURING FREEDOM, Southwest Asia-From an undisclosed location in the Middle East, a KC-10 crew offloaded their squadron's 100 millionth pound of fuel Wednesday into the tanks of fighter and bomber aircraft destined to drop their bombs as part of America's ongoing war against terrorism.

While many people have seen the sleek U.S. fighter jets streaking through the sky, few have witnessed the same jets hovering just a few feet below one of these airborne gas stations.

However, it is this unique capability that allows the jets to come from virtually anywhere to annihilate Taliban targets while staging coalition aircraft and people as far as possible from danger areas, ultimately keeping U.S. forces much more safe and secure.

"Our jets afford senior military commanders more options on where to place forces, considering political constraints and safety concerns, while providing the maximum flexibility to strike our targets," said Lt. Col. Carl 'Cal' Lude, 763rd Expeditionary Air Refueling Squadron commander, who is deployed from Travis AFB, Calif.

The 763rd EARS is part of the 380th Air Expeditionary Wing, a large logistical piece of the overall effort in Afghanistan and elsewhere to find Al Qaeda terrorists responsible for the September 11 attacks.

The 100 millionth pound of fuel is an especially large milestone when compared to the squadron's history in Operation Southern Watch, which is responsible for enforcing the no-fly, no-drive zones over Southern Iraq. The 763rd EARS has offloaded more fuel in seven months of supporting Operation Enduring Freedom than during seven years of supporting Operation Southern Watch.

"The numerical milestone represents a long line of positive events this squadron has accomplished safely and with the great support of McGuire AFB, N.J., who continually send us highly trained people and mission-ready resources," said Lude.

Also making this an impressive achievement is the complete integration of service members from active-duty Air Force, Air Force reserve, and Air National Guard forces.

"The reserves represent a large part of our capability," said Lude. "Most of them have volunteered for 90 days this year in austere conditions. Being from New York and New Jersey, they have a vested interest in completing this mission."

One of those reservists, Tech. Sgt. Gary Kozusko, 763rd EARS KC-10 boom operator and loadmaster, from Edison, N.J., loaded and flew to the Middle East with the replacement engine for one of the KC-10s. Kozusko later served as the boom operator on the 100 millionth pound of offloaded fuel mission.

Getting the replacement engine installed onto the aircraft became a high priority for the maintenance team, as they knew the fighters and other aircraft that receive fuel from their refuelers were missing their aircraft.

"I knew that other aircraft were depending on getting fuel from our broken jet, said Tech. Sgt. Frank Spinelli, 763rd EARS jet engine mechanic. "As a senior mechanic, I knew it was up to me to get it flying again."

In fact, it was that formerly broken jet that delivered the 100 millionth pound milestone on its first flight with the new engine.



*An F-15 Strike Eagle receives fuel from the KC-10 Extender in the skies of Operation Enduring Freedom. Tankers have offloaded more fuel during the months following Sept. 11 than during the seven years of Operation Southern Watch.*

Courtesy photo

Even with the tent city, lack of creature comforts and the heat of the desert, spirits are high.

"Being a part of Operation Enduring Freedom has been the greatest thing I have ever done," said Chief Master Sgt. John Nielson, 763rd EARS KC-10 Maintenance Flight superintendent and 27-year Air Force veteran. "As a reservist, I have usually been working from my home base during conflicts. To be here in the theater of war, allows me to see what my hard work and the hard work of everyone else is accomplishing."

Of course as with any aircraft, there are people outside the normal crew, whom without their efforts, the planes would never get off the ground.

Airmen from the Petroleum, Fuels, and Lubricants flight transport thousands of pounds of fuel daily from trucks to containers, and then from the containers to the aircraft, while continually evaluating the fuel for quality assurance purposes.

"Most of the crews work 14-hour shifts with the flights being manned 24 hours a day," said Master Sgt. Richard Burnette, 763rd EARS POL manager. "They believe in what they do and their affect on the mission. They are dedicated patriots who recognize that their readiness and training is key to accomplishing this mission as well as preventing the same travesty from happening again."

The readiness and training falls on supervisors and commanders of all ranks but especially on the wing's commander.

"The wing has one goal and that is accomplishing the mission, said Col. Keith Monteith, 380th AEW commander. As wing commander, my focus is on taking care of the people. I know that if I take care of them, they will take care of the mission."

**"The Reserves represent a large part of our capability...most of them have volunteered for 90 days this year in austere conditions. Being from New York and New Jersey, they have a vested interest in completing this mission."**

— Lt. Col. Carl 'Cal' Lude  
763rd Air Refueling Squadron commander

The successes the wing and squadron have had and the milestone they have passed comes from training, discipline and, most importantly, working together.

"This wing shows the benefit of active duty, reserves and National Guard, as well as civilians and contractors, being a total force," added Monteith. "Without the total force, we wouldn't get this job done. We're one team, one fight."



## NEWS NOTES

## Positions open

The Air Force Senior Leaders Management Office is announcing the projected vacancies and application procedures for summer 2003 Air Force Reserve Officer Training Corps detachment commander and professor of aerospace studies positions.

Interested applicants must submit their request for ROTC duty by Wednesday. Personnel interested should contact the Military Personnel Flight at 424-5377 or visit the web at <https://www.colonels.hq.af.mil>.

## NICU reunion

The Neonatal Intensive Care Unit at David Grant Medical Center will be holding its annual NICU Reunion Party May 18 from 11 a.m. to 2 p.m. at the Fisher House. For more information, call 424-7265.

## Families, scouts

The Travis Cub Scouts will host a catch and release frog and insect hike May 18 from 11:30 a.m. to 1 p.m. at Rockville Park. All Travis families are invited to attend. For more information, contact Master Sgt. Scott Stewart at 424-7525 or 437-3940.

## Going digital

The Base Multimedia Service Center is scheduled to go all digital June 1. The photo lab will stop accepting film May 24. For more information, contact Heidi Couch at 424-5584 or Master Sgt. Dave Cushman at 424-2744.

## Change of command

Lt. Col. Gary M. Gutowsky, commander of the 615th Air Mobility Squadron, will relinquish command to Lt. Col. Quintin H. Hartt Jr., in a change of command ceremony scheduled for May 28 at 2 p.m. in Bldg. P-1. Personnel interested in attending are asked to R.S.V.P. by May 22. For more information, and to R.S.V.P., call 424-1010.

## Motorcycle run

The 60th Surgical Operations Squadron and the 615th Air Mobility Operations Group is sponsoring a motorcycle fun run June 7. Riders will meet at the softball field next to the car wash. This will be an all-day event with a barbecue and give aways for the participants.

For more information, contact Tech. Sgt. John Meirhofer at 423-3408.

## Wing issues Articles 15 for unacceptable behavior

## 60th AMW Staff Judge Advocate

Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline. It can also promote positive behavior changes in service members without the stigma of a court-martial conviction. See Air Force Instruction 51-202 and Manual for Courts-Martial, Part five, for further information. The following is a breakdown of the nonjudicial punishment actions that were closed out in March. It is not possible to accurately compare one case with another, as the punishment must be tailored based on the prior record of the member along with the facts and circumstances of the offense(s) committed.

## Rank, offense and punishment

## Airmen basic

*Failure to pay debts; insufficient funds in account to cover check.*

► Airman received 45 days extra duty; 45 days restriction to base; reprimand; suspended forfeiture of \$550 for two months. (\$300 x for two months suspended)

*Underage drinking*

► Airman received 14 days extra duty; 45 days restriction to base and a reprimand.

*Underage drinking*

► Airman received 45 days extra duty; 45 days restriction to base; reprimand and forfeiture of \$200 for two months.

## Airmen

## Marijuana

► Airman received a reduction to airman basic; 45 days extra duty; reprimand and forfeiture of \$200 for two months.

*Failure to go; sleeping on duty and failure to obey*

► Airman received a reduction to airman basic.

*Failure to obey a lawful order; failure to go; reckless driving and leaving the scene of an accident.*

► Airman received 45 days extra duty; 45 days restriction to base; reduction to airman basic; reprimand and forfeiture of \$125 for two months.

*Underage drinking*

► Airman received a reduction to airman basic; 14 days extra duty; reprimand and a suspended forfeiture of \$150 for two months.

*Underage drinking*

► Airman received a reduction to

airman basic; 30 days extra duty; reprimand and forfeiture of \$125 for two months. (\$125 x 1 suspended)

## Airmen 1st Class

*Underage drinking and damage to government property.*

► Reduction to airman basic; 30 days extra duty and 30 days restriction to base.

*Failure to obey lawful orders*

► Airman received a suspended reduction to airman; 30 days restriction to base; reprimand and forfeiture of \$150 for two months.

*Underage drinking and Driving Under the Influence.*

► Airman received a reduction to airman basic and 30 days correctional custody.

*Unofficial use of government travel card and failure to obey a lawful order.*

► Airman received a reduction to airman and 30 days extra duty *Larceny for two boxes of playing cards.*

► Airman received a suspended reduction to airman; reprimand and forfeiture of \$90 for two months *Failure to follow lost tool procedures.*

► Airman received a suspended reduction to airman; 30 days extra duty; 30 days restriction to base and a reprimand

*Disrespectful in language to a senior noncommissioned officer.*

► Airman received a reduction to airman and 30 days extra duty *Underage drinking*

► Airman received a suspended reduction to airman and 30 days correctional custody.

*Underage drinking and driving Under the Influence*

► Airman received a reduction to airman basic; 30 days extra duty and 30 days restriction to base.

*Underage drinking*

► Airman received a suspended reduction to airman basic; 30 days extra duty and 30 days restriction to base.

*Underage drinking and Driving Under the Influence*

► Airman received a reduction to airman; 45 days extra duty; 45 days restriction to base; reprimand and forfeiture of \$550 x for two months. (\$200 x 2 suspended)

*Assault and underage drinking*

► Airman received 21 days extra duty; suspended reduction to airman basic; reprimand and suspended forfeiture of \$550 for two months

*Failure to go; failure to obey and unofficial use of government travel card*

► Airman received a reduction to airman; 30 days extra duty; 30 days restriction to base; reprimand and forfeiture of \$125 for two months.

*Underage drinking*

► Airman received a reduction to airman; 30 days extra duty and a reprimand

*Theft of military ID card and allowing a friend to stay in a dorm room for approximately one month*

► Airman received a suspended reduction to airman; 14 days extra duty; reprimand and forfeiture of \$75 for two months.

*Underage drinking*

► Airman received a suspended reduction to Amn; 30 days extra duty and 30 days restriction to base.

## Senior Airmen

*Underage drinking*

► Airman received a reduction to airman basic and forfeiture of \$50 for two months.

*Drunk and disorderly and drunken driving*

► Airman received a reduction to airman; 45 days extra duty; 45 days restriction to base and forfeiture of \$619 for two months.

*Wrongful receipt of stolen property*

► Airman received a suspended reduction to Airman 1st Class; 15 days extra duty; reprimand and a forfeiture of \$200 for two months.

## Staff Sergeant

*Failure to obey a lawful order*

► Sergeant received a suspended reduction to Senior Airman and a reprimand

## Master Sergeant

*Drunk and disorderly and failure to obey a lawful order*

► Sergeant received a reprimand and a forfeiture of \$500 for two months.

## NEED A RIDE?

If you are in no condition to drive, use the Dial-a-Ride program. Telephone numbers for participating taxi companies are:

**Fairfield Taxi**  
(707) 422-5555  
**Yellow Cab of Vacaville**  
(707) 446-1144  
**Yellow Cab of Sacramento**  
(916) 442-4696

CALLING A CAB IS A  
BETTER OPTION THAN  
THE ALTERNATIVES.



# Air Forces reaches 2002 recruiting goal

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force reached its first milestone in meeting this year's recruiting goal May 2 with the signing of its 37,283rd enlistment contract.

The person to sign that contract was Daniel Soto, a 21-year-old from New York. He enlisted for six years, will graduate basic training as an E-3 and will train as an aircrew egress systems apprentice.

With more than 22,757 airmen sent to basic training since the beginning of the fiscal year, the Air Force has more than enough contracts with people to enter basic training by Sept. 30, meeting its annual goal of 37,283. This is the earliest the Air Force has reached this milestone since 1986.

"This is a great accomplishment for our country, our Air Force and our Air Force recruiters," said Brig. Gen.

Edward A. Rice Jr., the new Air Force Recruiting Service commander.

"We increased the number of Air Force recruiters, offered enlistment bonuses and continued to aggressively market and advertise the Air Force to the youth of America," Rice said. "But the real key to success has been hard work."

In addition to being the earliest recruiting achievement since

1986, this is the third consecutive year the Air Force attained this goal earlier than it was reached the previous year, said Col. James Holaday, chief of the AFRS operations division.

In 2001, the Air Force achieved its recruiting goal the first part of June.

"Historically, the months February through May have proven to be the toughest accession months," said Holaday.

"Our 1,605 frontline recruiters responded to the challenge, despite two mid-year goal increases to put more security forces in place for the war on terrorism. We are extremely pleased with the quantity and quality of our new recruits."

Young people entering the Air Force today can qualify for more than 150 job areas, all of which have civilian counterparts.

## DoD authorizes National Defense Service Medal wear

By Rudi Williams  
American Forces Press Service

WASHINGTON (AFPN) — All servicemembers, including Coast Guardsmen, who were on active duty on or after Sept. 11, 2001, are eligible to wear the National Defense Service Medal, defense officials announced May 1.

"The sacrifices and contributions made by the armed forces in direct response to the terrorism attacks on the United States and to the long-term resolution of terrorism merit special recognition," said Deputy Secretary of Defense Paul Wolfowitz.

Members of the National Guard and Reserve may also be awarded the medal if they were on federal active

duty on or after Sept. 11. Exceptions are if they were on active duty for training, on short tours of active duty to serve on boards, courts, commissions and the like, or on active duty solely to get a physical exam.

Servicemembers previously have worn the National Defense Service Medal for duty in three distinct periods, starting with the Korean War era, defined as June 27, 1950, to July 27, 1954.

Executive Order 11265 authorized the secretary of defense to establish periods of eligibility after Dec. 31, 1960. The second period of eligibility was a loosely termed "Vietnam War era" of Jan. 1, 1961, to Aug. 14, 1974.

The medal was again authorized by

a memorandum from the secretary of defense dated Feb. 20, 1991, for active service on or after Aug. 2, 1990 — the beginning of Operation Desert Shield. The termination date was later set as Nov. 30, 1995.

No closing date has been established for this newest period. Eligible servicemembers can receive and wear the award immediately. Those already awarded the medal for an earlier period will receive a bronze service star device to attach to the ribbon.

Established by President Eisenhower on April 22, 1953, the National Defense Service Medal indicates military service during a time of war or conflict regardless of the service member's station of duty.

"The sacrifices and contributions made by the armed forces in direct response to the terrorism attacks on the United States and to the long-term resolution of terrorism merit special recognition."

— Paul Wolfowitz  
Deputy Secretary of  
Defense

## What is the National Defense Service Medal?

► **Description:** On a bronze medal, 1 1/4 inches in diameter, an eagle displayed with inverted wings standing on a sword and palm branch, all beneath the inscription "NATIONAL DEFENSE". On the reverse is a shield taken from the Coat of Arms of the United States with an open wreath below it, the right side of oak leaves and the left side of laurel leaves.

► **Ribbon:** The ribbon is 1 3/8 inches wide and consists of the following stripes: 7/16 inch Scarlet 67111; 1/32 inch White 67101; 1/32 inch Old Glory Blue 67178; 1/32 inch White; 1/32 inch Scarlet; center 1/4 inch Golden Yellow 67104; 1/32 inch Scarlet; 1/32 inch White; 1/32 inch Old Glory Blue; 1/32 inch White; and 7/16 inch Scarlet.

► **Criteria:** a. The National Defense Service Medal was awarded for honorable active service for any period between June 27, 1950, and July 27, 1954, between January 1, 1961, and August 14, 1974, and between Aug. 2, 1990, and Nov. 30, 1995. For the purpose of the award, the following persons will not be considered as performing active service:

- (1) Guard and Reserve forces personnel on short tours of duty to fulfill training obligations under an inactive duty training program.
  - (2) Any person on active duty for the sole purpose of undergoing a physical examination.
  - (3) Any person on temporary active duty to serve on boards, courts, commissions and like organizations or on active duty for purposes other than extended active duty.
- b. The National Defense Service Medal may be

awarded to members of the Reserve Components who are ordered to Federal active duty, regardless of duration, except for the categories listed above. Any member of the Guard or Reserve who, after 31 December 1960, becomes eligible for the Armed Forces Expeditionary Medal, Vietnam Service Medal or the Southwest Asia Service Medal is also eligible for the National Defense Service Medal.

► **Components:** The following are authorized components:

- a. Medal (regular size): MIL-DTL-3943/234. NSN 8455-00-281-3214 for set which includes regular size medal and ribbon bar.
- b. Medal (miniature size): MIL-DTL-3943/234. Available commercially from certified manufacturers.
- c. Ribbon: MIL-DTL-11589/97. NSN 8455-00-264-1478.
- d. Lapel Button: MIL-DTL-11484/185. Available commercially.

► **Background:** a. The National Defense Service Medal was established by President Eisenhower per Executive Order 10448, dated April 22, 1953, for service between June 27, 1950, and a date to be announced. On June 17, 1954, the Chief of Staff approved establishment of July 27, 1954, as the termination date for award of the NDSM. Executive Order 11265, dated January 11, 1966, amended Executive Order 10488, to include a termination date and authorized the Secretary of Defense to establish periods of eligibility subsequent to Dec. 31, 1960. Eligibility for award, commencing with the period after Dec. 31, 1960, was established by DoD Directive 1348.7,

dated April 1, 1966, and terminated effective Aug. 15, 1974, per letter from Manpower and Reserve Affairs, subject: Termination of Eligibility for the National Defense Service Medal, dated June 30, 1974. The NDSM was again authorized by memorandum, dated February 20, 1991, from Secretary of Defense Cheney for active service on or after Aug. 2, 1990 with no termination date established. The termination date was later established as Nov. 30, 1995.

b. The Heraldic Division, Quartermaster General's Office, was requested to provide proposed designs for the NDSM and designs created by Mr. T. H. Jones were submitted to the G1 on May 26, 1953. A committee appointed by DoD, which included representatives of all services, met on May 27, 1953 and June 3, 1953 and selected the design for final approval. The eagle, our National emblem, together with the shield of the Coat of Arms of the United States is used to symbolize the defense of the United States. The combination of oak and palm leaves signify strength and preparedness.

c. Order of precedence and wear policy for medals awarded to Army personnel is contained in AR 670-1.

Policy for awards, approving authority and supply of medals is contained in AR 600-8-22.



# Military taxpayers can avoid late fees, penalties

By Staff Sgt. A.J. Bosker  
Air Force Print News

WASHINGTON — Air Force people can avoid the stress of dealing with late fees and penalties by knowing the rules governing military taxpayers and their rights as members of the armed forces, according to Internal Revenue Service officials.

Every taxpayer, civilian or military, should know the normal deadline for filing their tax return is April 15, said Don Roberts, IRS spokesman. However, many do not know payment for any taxes they owe is also due by the same deadline.

"Anyone who did not file their return and pay their taxes by April 15 will be charged interest on the unpaid tax and receive a failure-to-pay penalty," said Capt. Jennifer Hyzer, chief of the taxation law branch at the Air Force Legal Services Agency. "In addition, the IRS can also impose a failure-to-file penalty."

If a taxpayer has not filed his or her return yet and did not request an extension before April 15, the taxpayer should file immediately, said Hyzer.

"An automatic four-month

extension to file a return is available, but only if requested before the April deadline," Hyzer said. "This automatic extension only applies to filing a return and not to paying any due taxes."

The financial burden of not paying taxes on time can increase quickly, she said.

The interest on the overdue tax is compounded daily and computed from the due date of the return until the payment is made. The interest, adjusted quarterly, is currently at six percent. The combined penalties, both failure to file and failure to pay, is 5 percent for each month or partial month that a return is late, up to 25 percent.

Air Force people stationed or deployed overseas on April 15 have an automatic extension until June 15 to file their taxes but still must pay any due tax or be charged interest on the amount not paid by April 15.

To take advantage of this, military taxpayers must attach a statement to their return showing they satisfy the extension requirements.

"However, the deadline for filing tax returns, paying taxes and filing claims for refund is automatically extended if you serve in the armed forces in a

combat zone, qualifying hazardous duty area or have qualifying service outside of a combat zone or qualified hazardous duty area," Roberts said.

"Additionally, the deadline extension provisions also apply to certain civilians serving in a combat zone or a qualified hazardous duty area in support of the U.S. armed forces, such as Red Cross personnel, accredited correspondents, and civilian personnel acting under the direction of the U.S. armed forces in support of those forces," he said.

Currently, service outside of Afghanistan is considered to be in the combat zone if it is in a country where the Department of Defense has certified that such service is in direct support of military operations. To date, the DOD has certified that service in Jordan, Pakistan and Tajikistan, on or after Sept. 19, 2001, and service in Kyrgyzstan and Uzbekistan, on or after Oct. 1, 2001, qualifies.

"If any Air Force (people are) unsure whether they qualify for an exemption or extension or have any other tax-related questions, they should go to their local legal office for assistance," Hyzer said.

## Water Conservation starts with YOU

According to the Military Family Housing Handout, residents are reminded to conserve water by only watering lawns on specific days.

If your address ends in an odd number, water your lawn on odd-numbered days.

If your address ends in an even number, water your lawn on even-numbered days.

Water lawns between the hours of 5 to 10 a.m. and 7 to 10 p.m. for 15 minutes.

For more information, contact the Housing Office at 424-1476 or 60th Civil Engineer Utilities shop at 424-8868.



# Air Force people will benefit from new tuition policy

WASHINGTON (AFPN) - Air Force people soon will benefit from a new Department of Defense tuition assistance policy that pays 100 percent of the cost of tuition for off-duty courses, according to Air Force education officials.

"The policy, effective Oct. 1, 2002, will pay tuition costs and mandatory fees for up to a maximum of \$250 per semester hour, or \$750 per 3-hour course," said Jim Sweizer, chief of the Air Force voluntary education branch at the Pentagon.

The policy also includes a \$4,500-per-year tuition assistance ceiling.

"In the past, we only paid instructional fees, such as a lab fee for science courses," Sweizer said. "Under the new policy, as long as the total cost falls under the authorized total, the student doesn't have to pay any money out of (his or her) pocket."

However, tuition assistance cannot be used to pay for textbooks unless they are included

in an academic institution's published tuition rates, he said.

With 100 percent tuition assistance available to airmen, some people might opt to waive contributing to the Montgomery GI Bill, Sweizer said. He recommends bluesuiters continue to take advantage of the benefits the GI Bill presents.

"Not everyone will be able to complete his or her education while on active duty," he said. "Having the MGIB as an alternative for later use is a wise investment."

The increase to 100 percent tuition assistance was authorized by Congress two years ago but was not funded until fiscal 2003. The tuition assistance program is the same across the entire Defense Department. Each service had two years to develop a plan to make the programs work together.

For more information regarding the new tuition assistance policy, contact local education centers.

**GOT AN INTERESTING STORY IDEA?**  
Call 424-2011.

# Planning ahead keeps airmen out of trouble

*Financial freedom can be achieved on a limited budget*

**By Airman 1st Class Alice Moore**  
60th AMW Public Affairs

The Air Force is emphasizing financial awareness among its people following a recent survey showing hardship may be on the rise for airmen in grades E-3 through E-5.

The web-based survey of 15,900 active-duty airmen in those grades was conducted in December 2000, according to Department of Defense officials. She said the study revealed 42 percent of those responding reported difficulty in paying their bills.

The Air Force will be promoting financial wellness in part by encouraging supervisors to emphasize the "Financial Responsibility" section on the Performance Feedback Worksheet.

"If airmen aren't financially prepared, they are less likely to be concentrating on their military mission, which is our whole for being here," she said.

Rivers said the road to financial wellness could start at an Air Force family service center. Each center has a personal financial manager to assist service-members with organizing their finances.

Travis' Family Support Center has many programs to assist members and families with financial preparedness. One of the most proactive is the Personal Financial Management program, said Betty Biegaj, Air Force Aid Society officer.

Biegaj says the Personal Financial Management program is designed to help individuals and their families to

properly manage their finances. The program emphasizes financial readiness and gaining financial management skills. Individuals have the opportunity to meet one on one with the financial manager for an in-depth analysis of their income. Through the session, they can develop a spending plan that allows them to live within their means.

Biegaj also says a financial briefing for first-term airmen is provided to every First Term Airmen's Center class. During the briefing airmen learn information on how to manage money. They also receive information on the base agencies offering financial information.

Along with the services provided at the Family Support Center, base officials have offered some words of advice for all airmen to consider before things get out of hand.

"One of the most common scenarios I see is airmen that allow themselves to get sucked into traps sprung by clever salesmen," said Master Sgt. Michael Jones, first sergeant for the 60th Mission Support Squadron. "Most of the time the person never intended on making the purchase but, they found themselves caving in to the pressure of the deal. I suggest everyone needs to stop and calculate the true cost of any major purchases and then take some time to think about it."

Jones also adds that individuals he's counseled generally don't plan to fail. They fail to plan properly.

"Smart financial decisions

take time to make and require some research," said Jones. "The individuals that continually make poor personal financial decisions are usually the ones I end up counseling in my office."

Jones also suggests when airmen decide to purchase bigger items such as a car, they should calculate the total cost of the vehicle's monthly payments as well as account for car insurance. Once they've done this, Jones says he generally advises his troops to live a couple months without the money they would otherwise be spending on the vehicle.

With the resources available on base, some airmen already have the right idea on how to manage their money.

"I usually separate my needs and wants when I'm planning my budget," said Senior Airman Damon Jackson, mobility technician 60th Supply Squadron. "I take care of my needs first such as my bills then I see exactly how much money I have left for anything extra."

All in all, Jones says the bottom line is everyone is held accountable for the decisions they make. With careful planning, everyone can avoid financial hardships and other consequences linked with making wrong decisions.

For more information on financial planning, contact the Family Support Center at 424-2486.

## MAN ON THE STREET

Living on a limited budget, what does it take for you to be financially responsible?



Senior Airman Kyle Lightbody  
60th Communications Squadron

"Making a budget and tracking expenses will help tally the things that you need versus the things that you want."



Senior Airman Michelle Chavez  
60th Communications Squadron

"You have to be realistic. Keep in mind how much things cost such as cars and loans just to name a few."



Senior Airman Damon Jackson  
60th Supply Squadron

"Pay all your bills on time and live on a fairly decent budget. Ask yourself if you can really afford to buy certain things."

Photos by Airman 1st Class Alice Moore / 60th AMW Public Affairs

# Director of Services unveils Fitness Center

"It's amazing. Now you don't have to wait for the machines and it's not as crowded."

Staff Sgt. Marlo Obcemea  
60th Medical Support Squadron



By Linda Mann  
60th Services Squadron

A ribbon cutting ceremony unveiling the newly renovated Fitness Center is scheduled to take place at 3 p.m. May 13 at the Fitness Center.

Col. Dave Lefforge, 60th Air Mobility Wing commander, will be the guest speaker when Arthur Myers, Air Force director of Services, comes to officially open the gym to the Travis community.

The Air Force has many requirements for its Fitness Centers including a ratio of how much space and how many cycles, cross trainers and other machines are available. In addition, most of the old fitness equipment could not be reused in the remodeled Fitness Center-which

means many new cross trainers, cycles and treadmills fill the floor.

Patrons were impressed at the Mission Fitness kick-off event May 3.

"It's amazing. Now you don't have to wait for the machines and it's not as crowded," said Staff Sgt. Marlo Obcemea from the 60th Medical Support Squadron. "The parking is much better too."

Master Sgt. Raleigh Addy from 60th Aircraft Generation Squadron works out about three times a week mostly playing basketball and cycling.

"I think the new equipment is great. There is a lot more room, and I like everything in one place including the Health and Wellness Center," said Addy.

Chief Master Sgt.

Michael Dogan from 660th Aircraft Generation Squadron also likes the one-stop-shopping at the remodeled Fitness Center and loves the smoothie bar, TV monitors and air conditioning. Dogan usually does a routine including the cross trainer, cycling and free weights five days a week.

After 15 years of working out four or five times a week, Master Sgt. Steve Alexander a KC-135 weapons' system manager from the 15th AF has plenty to say about the improvements.

"There is a lot more space, everyone can spread out and not trip all over each other. There is a lot more sunshine with so many windows and everything is more centralized," Alexander said.



# Suicide prevention: a year round task

By Lt. Col. Rick Campise  
Air Force Suicide Prevention Program

WASHINGTON (AFPN) — "Suicide is our most preventable cause of death," said Air Force Surgeon General Lt. Gen. Paul Carlton Jr. "Leadership and mentorship are our two most important tools in preventing these tragic losses."

Suicide is the second leading cause of death for active-duty Air Force people, surpassed only by unintentional injury. Awareness of suicide and the risk factors associated with suicide are key to the prevention of such loss of life and its traumatic consequences for our families and our communities.

May is National Mental Health Month, according to the National Mental Health Association. The first full week of May is National Suicide Prevention Week, which is sponsored by the American Association of Suicidology.

But how do we know when someone is in significant distress? A misconception about suicide is that suicide occurs with little or no warning. There are often many clues that someone may be in distress or at risk.

The most commonly associated factor

with suicide in the Air Force is problems in intimate relationships, including marital and dating relationships. Other high risk factors that should alert us to vulnerability include abuse of alcohol or other substances, financial and legal problems, few social ties or loneliness, prolonged unmanageable stress, and feelings of depression or worthlessness.

A key signal of distress is obsessing or talking about death, dying, and violence, as well as purchasing firearms or other weapons. This runs counter to another misconception: those who talk about suicide will not do it.

Other significant signs that someone may be in need of assistance include withdrawing from friends and family or suddenly making amends with others, sudden changes in behavior, loss of interest in work or usual activities, and giving away possessions.

What can we do to help? Talking with someone directly about suicide is one of the most helpful things you can do. Most people contemplating suicide are seeking an end to the emotional pain they are experiencing, not an end to life. Talking with them may open doors to assistance

to help them through their distress.

Some buy into the myth that if we talk about suicide with someone, it will give that person the idea to harm him or herself, or if someone has decided to harm him or herself there is nothing we can do to change his or her mind. This belief is not only wrong, it also creates barriers to preventing suicide.

The key to the prevention of suicide is early intervention. Seeking assistance and encouraging others to do the same when having difficulty coping helps prevent more serious problems from developing.

If serious warning signs are present, including threats of suicide with a plan, do not leave the person alone. Call 911 or seek emergency services immediately.

Air Force leaders have stated repeatedly that "one suicide is too many" and their actions in providing standardized tools and working to remove the stigma applied to those who turn to mental health for professional assistance bear this out.

Today, the Air Force uses an integrated delivery system that involves chaplains and professionals from mental

health, family support, child and youth services, health and wellness centers and family advocacy — all working together and taking responsibility for prevention.

To date, suicide prevention efforts include an emphasis on involving and training leadership, annual suicide prevention training for all military and civilians and a database that tracks not only suicides but also suicide attempts.

The Air Force's community approach in suicide prevention and education has received national recognition, including praise in May 2001 from then-U.S. Surgeon General Dr. David Satcher, who declared the program a model for the nation and incorporated it into the National Suicide Prevention Strategy.

The Air Force Suicide Prevention Program began in the summer of 1996. For the five years prior to the program's inception, the Air Force averaged 60 deaths annually, a rate of 14.3 per 100,000 personnel, the standard measurement of suicide rates nationally.

(Capt. Arianne Henry, a family advocacy officer at Andrews AFB, Md., contributed to this story.)

# JCS offers airmen long term vision



Courtesy photo

Senior Airman Bruce Rick, from the 51st Security Forces Squadron, briefs Gen. Richard Myers, Chairman of the Joint Chiefs of Staff, on an 81 mm mortar used by air base ground defense teams.

By Staff Sgt. Matt Summers  
51st Fighter Wing Public Affairs

OSAN AIR BASE, Korea (AFPN) - The chairman of the Joint Chiefs of Staff met with base leaders and airmen here recently during his first tour of east Asia since becoming the top U.S. military leader seven months ago.

"There are some fine, fine sons and daughters of America out here doing very important work and we all appreciate it," said Gen. Richard Myers, chairman of the JCS. "This is an incredibly important task they're doing, not without some risk, not without danger, and I very much appreciate and I know the American people very much appreciate their service and I can tell them that for a fact."

Despite the ongoing war on terrorism's focus on other parts of the world, the U.S. military in Korea plays an important role, Myers said.

"Regional stability is what it's all about," he said. "The strength of our U.S. armed forces here on the peninsula is what keeps this region free and stable, enabling democracies to thrive and economies to prosper."

"Do not underestimate how important it is to be here in Korea," he added. "You're contributing to the war on terrorism as much as anybody in our armed forces and more than most because you're on the point of the spear out here."

The war on terrorism is the most important thing he has done in his 37-year Air Force career and has changed the pace of operations for the Department of Defense, the chairman said.

"We started off this war effort in a kind of sprint, and I think we have to realize we're going to be in this for the

long haul and it's going to take years," Myers said. "We need to look at it more like a marathon now than a sprint. We may have peaks and valleys of activities, but if we do this right we can do it for quite some time."

It will take special sacrifices from military and family members alike to pursue this war to preserve the values that the U.S. and its allies hold dear, Myers said.

"I'm not trying to say it's going to be easy, but we're going to do our best to make that (deployments) as predictable as we possibly can to minimize the turbulence on personnel and their families," he said.

Increased worldwide training and developing coalitions will also be key to military success in the future, Myers said.

"What's going to be important is access to bases and places when and where we need them," he said. "We're working with countries around the world to enhance our ability to get access to them and have over-flight rights so we can exercise with multi-national groups and in case contingency or humanitarian crisis we can have a place to go."

Before visiting Osan, Myers attended the U.S. Forces Korea change-of-command ceremony where Gen. Leon LaPorte took command from Gen. Thomas Schwartz. The chairman said during his tenure as commander in chief of USFK, Schwartz took the relationship of the U.S. and Republic of Korea militaries to new heights and expects LaPorte to reach even a new level of cohesiveness.

"This relationship is as close as it has ever been, as important as it has ever been and I don't how it we could expect it to be any better," he said. (Courtesy of Pacific Air Forces News Service)

Classified Ads work. Call the Daily Republic at 425-4646.

## Drug user convicted during court martial

By Capt. Elizabeth Hadden  
60th AMW Legal Office

During court-martial proceedings April 29, Airman Basic Nikolas Pabon, 60th Transportation Squadron, was tried by a general court martial for wrongfully using ecstasy and marijuana.

A Vacaville police officer caught Pabon in September off base smoking marijuana with another airman. In December, Pabon was caught using ecstasy at a rave party with a group of other airmen. Additionally, Pabon smoked marijuana at three different parties and in his car off base a dozen times. He also used ecstasy two other times, once

at another rave party and once while "clubbing" in San Francisco. On two of those occasions, Pabon provided a urine sample. Both samples tested positive for marijuana. One also tested positive for ecstasy.

Pabon pled guilty to multiple wrongful uses of ecstasy between August and December of 2001, and multiple wrongful uses of marijuana between March and December of 2001. He elected to have a military judge decide his sentence.

The military judge found Pabon guilty and sentenced him to five months confinement, total forfeiture of all pay and allowances and a bad conduct discharge.

## SHARP TROOPS

### AIR MOBILITY COMMAND

FROM THE BEST OF TRAVIS AIR FORCE BASE

The Travis Chiefs take great pride in recognizing our Travis Sharp Award winners each month. The following individuals have been recognized as the Sharp Award winners for the month of April.



Nen Wiley / Visual Information

**Senior Airman Jesse Ferrari**

60th Aircraft Generation Squadron



Airman 1st Class Alice Moore / 60th AMW Public Affairs

**Airman 1st Class Amy Fronefield**

60th Medical Surgical Operations Squadron

## Use or lose military leave

Accrued leave in excess of 60 days is lost at the end of each fiscal year (Sept. 30), unless the Special Leave Accrual provisions apply. Commanders and supervisors should encourage their members to take at least one period of 14 consecutive days or more and use the 30 days accrued each fiscal year. Call the Military Personnel Flight for SLA guidelines.

## Savings Bonds

Did you know that U.S. Savings Bonds information is available on the Internet? The address is [www.publicdebt.treas.gov](http://www.publicdebt.treas.gov) Find out about maturity periods, tax benefits and the values of your Savings Bonds.

### HOMETOWN NEWS RELEASES

Fill out Department of Defense Form 2266 and bring it to the Public Affairs office in Bldg. 51, Room 232.

# Get ready

## Prepare, listen, work hard

### View Point

Lt. Col. Joni Lee

11th Transportation Commander

BOLLING AIR FORCE BASE, D.C. - With the Expeditionary Air and Space Force in full swing, we all know it is possible to deploy on short notice to remote and underdeveloped places that some of us have never heard of. Are you really ready to go if you get that call today? If you prepare, listen and work hard, you will be.

Here are some questions I've heard people ask:

Why do I need an annual health assessment or why is a particular immunization so critical to being eligible to deploy? That answer is pretty simple. Medical readiness is absolutely essential to living and working in an environment with poor sanitation, lack of fresh food, extreme temperature variations, etc. Serious illness can fall upon the most physically fit person in those conditions — conditions that many of our deployed forces are facing today.

Why do I need to go through so many training classes to be deployment eligible? I've heard that question quite a few times over the past several weeks.

I always relay the story of my time at Rhein-Main Air Base during the Gulf War. At one point, the base was providing refresher chemical warfare training and explosive ordnance recognition training six times a day. The demand was even greater than that after the first SCUD missiles were launched. Troops from all services that transited through Rhein-Main were very, very interested in every word from the instructors of those classes.

I've also heard from some friends who are currently deployed for Operation Enduring Freedom. They have numerous stories about deploying to a bare base and having everyone play a role in force protection. Combat arms training on an M-9 or M-16 may seem like a waste of time for those of us who are not in the security forces squadron, but when you're responsible for air base ground defense at your deployed air base, I think you'll wish you had a little more weapons-proficiency training.

Why does someone tell me what I need to have in my mobility bag? Many years of experience go into developing those lists of mandatory and suggested items for your mobility bag. I'm sure some of our fellow airmen serving in Afghanistan and the surrounding area of responsibility appreciate having everything in their personal bags. There was no Shoppette, BX or commissary when those folks arrived. It even took a while to find a source of potable water at some of our deployed locations!

The family support center station in most deployment lines always has some very valuable information. In most instances, the FSC people are the wing's experts on personal and family readiness. Again, experienced people have spent many hours developing booklets, pamphlets and numerous handouts packed with great advice on how to prepare yourself and your family for a short-notice deployment.

It's important to have a plan for the little things like who will cut your grass, and for the big things like who will pay your bills and take care of your pets and your children.

Finally, let's talk about your job. It is that "thing" you will do while deployed. With more than 20,000 Air Force people currently deployed and several career fields still affected by Stop-Loss, you already know the Air Force is stretched thin. So when you deploy, you may not have the office expert or the person(s) you usually rely on to help you out. Therefore, you're expected to be the best you possibly can be; everyone who deploys will be filling a critical position.

But don't worry. The U.S. armed forces are known for having the best training in the entire world. Every training scenario from basic training to our deployment exercises are structured for you to face challenges for the first time in a training environment. If we faced these challenges in a war zone for the first time, we wouldn't be the best Air Force in the world. So, take all of our exercises seriously!

Are you ready? Prepare, listen and work hard.



# Travis' Fisher House benefits from Viking Challenge



Master Sgt. Dan Brennan, first sergeant from the 60th Civil Engineer Squadron, runs to do his part for the team and for the Fisher House. More than 300 runners participated in the Viking Challenge. Organizers are optimistic the money raised will surpass the two previous events.

## Tailwind Staff

Thirty one teams and 310 persons from the Travis AFB community ran Saturday during Combat Viking Challenge 2002 — a charity fundraiser held annually for the Travis AFB Fisher House. Combat Viking Challenge is a 24-hour, 10-person team, one-mile continuous relay marathon held annually at Vanden High School. The teams, with members running an average of 17 miles each, started their 24-hour journey around the track at 10 a.m. Saturday and continued until 10 a.m. Sunday.

The Travis Fisher House is a home-away-from-home for military and veterans' families who have a family member hospitalized at David Grant Medical Center, the second largest Air Force hospital in the world. The Travis Fisher House is not financially supported by any government agency. All of the services the Travis Fisher House provides comes from the generosity of individuals in local military, business, and community organizations.

This is the third year that Combat Viking Challenge has been held. In 2000, runners from 8 teams raised \$3,592 after costs. In 2001, both the number of teams and the amount raised more than doubled, with runners from 15 teams raising \$9,100 after costs. With 31 teams entered this year, the goal is to double the record set in 2001.

The 31 teams participating this year represented reserve and active duty units from all over Travis, as well as, a team each from Beale AFB, Calif. and Vanden High School JROTC.



Runners start the race during the third annual Viking Challenge. The 24-hour event took place at the Vanden High School track. Photos by Audrey Quillen / Visual Information

## This year's winners are:

- 1st place, 60th Aircraft Generation Squadron, 198 miles
- 2nd place, 6th Air Refueling Squadron, 191 miles
- 3rd place, 9th Reconnaissance Wing, Beale AFB, 189 miles
- 4th place, 349th Air Mobility Wing, 183 miles
- 5th place, 615th Air Mobility Operations Group, 177 miles
- 6th place, 60th Operations Support Squadron, 174 miles
- 7th place, 615th Air Mobility Squadron, 170 miles
- 8th place, 60th Civil Engineer Squadron, 164 miles
- 9th place, 815th Air Mobility Squadron, 159 miles
- 10th place, 60th Medical Surgical Operations Squadron, 156 miles



Members from the 60th Aircraft Generation Squadron raise the gold to celebrate the team's victory. The team from the 60th AGS ran 198 miles during the challenge, surpassing the 6th Air Refueling Squadron by 7 miles.



# Making a difference

## Travis Blood Bank needs more donors

*Tech. Sgt. Elbert Rosario, lab technician with the 60th Medical Group, tests the blood of Richard Apodaca, a veteran from the local area. The drop of blood is tested to make sure the donor can provide a unit of blood.*



1st Lt. Angela Arredondo / 60th AMW Public Affairs

**By 1st Lt. Angela Arredondo**  
60th AMW Public Affairs

How do you tell a four-year-old she may never be five? This is the question written on the Travis blood drive poster displayed every Tuesday at David Grant Medical Center. It's a question without an easy answer. Yet if enough people donated blood on a regular basis, this question that does not have to even be asked.

Travis members can donate blood during weekly blood drives held every Tuesday from 8 a.m. to 2 p.m. at the DGMC laboratory on the second floor.

"Giving blood is important because you are helping people who might need blood during surgery or someone who has a rare blood disease that requires them to have frequent transfusions. Also, donating blood will help soldiers if blood is needed during war," Airman 1st Class Chandra Crawley said. Crawley is a lab technician at DGMC.

The Travis Blood Donor Center is part of the Air Force Blood Program and the Armed Services Blood Program. Travis is one of five CONUS Air Force blood donor centers. Air Mobility Command has two centers. The other center is at Scott AFB, Ill.

The mission of the AFBP is to collect blood from donors in the CONUS and get it to casualties in the field. During peacetime, the AFBP maintains war readiness capabilities, supplies blood to military treatment facilities worldwide, and can provide blood to help in civilian emergencies.

The Travis blood program is a joint effort between the military and the civilian community. The program would like to have 200 donors per month but only about 40 to 60 donors per month currently donate.

At the current rate of donation, Travis is not meeting its wartime and peacetime needs. For example, Travis is required to send 11 units of blood to Armed Services Whole Blood Processing Laboratory in support of Operation Enduring Freedom. Additionally, Travis must maintain 66 units on the shelf for patient care. In order to meet these requirements, Travis must purchase blood products. The 60th Medical Group could save about \$360,000 each year if more people would give blood instead of having to purchase blood from other sources.

"This money could be used for buying new equipment, incentives to encourage people to

donate, or training," said Sol Salud, technical supervisor of the blood bank here.

Additionally, the wartime blood supply is primarily fulfilled through military blood programs. However, many military members cannot donate blood because of the countries they have visited or been deployed to. This has led to a severe shortage and increased need for more eligible donors to step up.

"Military personnel are being sent to countries that have restrictions. For example, people who go to malaria-endemic countries like Turkey have to get a one-year deferral. Also, half of our donors are being deferred because they have resided in Europe, so we are really hurting," Salud said.

However, military members are typically restricted only if they resided in certain countries for more than six months. Many military members can still donate if they just visited or traveled to certain countries. Restrictions depend on specific locations.

Only five percent of the general population donates blood. Yet the military historically donates at a rate around 10 to 15 percent. At Travis, only two percent of eligible people donate blood.

Even though many Travis members cannot donate, there are still enough eligible donors here who could meet the blood bank's needs since the base has about 23,763 active duty, reservists, family members, civil service people, and other civilians. Moreover, eligible donors can give blood up to six times a year or every eight weeks. If 10 percent of the Travis population gave blood just one time a year then Travis would exceed its goal of 2,400 donors per year.

The process of donating blood here is simple and takes about one hour.

"When a person donates, they have their vital signs taken. Then they have to be interviewed; where they will be asked about their lifestyles," Crawley said.

After the interview, the donor has one unit of blood taken in the drawing room. Afterwards, they must rest in a waiting room with refreshments to ensure proper recovery.

In addition to helping Travis meet its wartime and peacetime requirements, donors also receive many incentives. Each donor can get a stuffed bear, pens, stress ball, magnet, a coupon to Anthony's Pizza and a coin, Salud said.

For more information about donating blood call the Travis blood bank at 423-5342 or visit the [www.tricare.osd.mil/asbpo](http://www.tricare.osd.mil/asbpo) Web site.



**Air Force Television News, available in closed captioning, is a biweekly production of Air Force News Service. Access the program at [www.af.mil](http://www.af.mil) or [www.broadcastairforce.com](http://www.broadcastairforce.com)**

## Are you ready?

TDY's, deployments, natural disasters, family emergencies or remote assignments? Call the Family Support Center at 424-2486 and receive your free Air Force Readiness Packet.

## Announcements

### Asian Pacific Month

▲ Basketball tournament at the Fitness Center, Saturday and Sunday.

▲ Church social at the Chapel, Sunday after all services.

▲ Lunchtime entertainment at the David Grant Medical Center, Thursday.

### Thrift Savings Plan

The next open season to make a Thrift Savings Plan election is Wednesday through July 31. If a member is not available to make an election during the open season for reasons beyond the member's control such as TDY, missing, or hospitalized status, and when such status overlaps part of an open season, the Financial Services Office may accept the member's election within 30 calendar days after the status has terminated. The election shall become effective no later than the first pay period beginning after the date that the Financial Services Office accepts the member's election form.

A member anticipating deployment or other duty during an open season that may preclude opportunity to make a TSP election may execute a special power of attorney for the purpose of designating an individual to conduct TSP elections on the member's behalf.

For additional information, contact Tom Day at 424-4344.

### Auto shop service

Beginning May 21, customers may get an oil change at the Auto Hobby Shop including oil, filter and a nine-point safety inspection. Until May 31, the introductory price is \$19.95. In June the regular price will be \$21.95. Call 424-5300 with the vehicle make and model and oil grade requirement to make an appointment. No same-day service is available. The auto shop is open from noon to 8 p.m. Tuesday through Friday and from 9 a.m. to 5 p.m. Saturday.

## Services

### Today

▲ All Travis childcare providers, staff and parents are invited to honor those who care for children at the provider appreciation celebration from 7 to 9 p.m. at the Delta Breeze Club. Call Alan Tornay at 424-2603 for more information.

### Saturday

▲ It is volunteer workday at the Travis Sailing Center. Call

(415) 332-2319 for more information.

### Sunday

▲ Celebrate Mother's Day with an all-you-care-to-eat buffet at the DBC featuring roast beef, baked ham, seafood, turkey and all the trimmings. Seatings are at 11 a.m., 1:30 p.m. and 4 p.m. Make reservations by calling 437-3711.

▲ Visit San Francisco's Pier 39 and Fisherman's Wharf with Outdoor Recreation from 9 a.m. to 5 p.m. Transportation is \$10. Call 424-0971 or 424-5659 for reservations.

### Tuesday

▲ Toddlers and preschoolers are invited to the Mitchell Memorial Story Time from 9:30 to 10 a.m. Also, check out children's books or try the computer lab for children.

### Wednesday

▲ The lunch buffet at the DBC includes a Chinese food menu. The price is \$7 for members and \$8.75 for non-members.

▲ The Strike Zone snack bar at the Travis Bowling Center will have limited service from today until the end of June due to remodeling. Pizza from the Travis Pizzeria, snack food and beverages will still be available.

### Thursday

▲ Don't forget to sign-up in advance at the Youth Center for the Friday night lock-in May 17. Kids ages 6 to 12 skate, eat and play from 5 p.m. to midnight at the Travis Skate Center. Tickets are \$15 in advance, and \$20 at the door.

▲ The new Hamburger Thursday at the DBC offers a restaurant-style hamburger and fries for \$5 for members and \$6.25 for non-members.

## Family Support

### Monday

▲ Spouse employment orientation is 9 to 10 a.m. for newly arrived spouses. Learn about employment and career development programs at the Family Support Center. Call 424-2486.

### Tuesday

▲ The long distance job search workshop is from 8 to noon at the FSC. Call 424-2486.

### Wednesday

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ A citizenship workshop: is from 10 to noon at the FSC.

Learn about the filing process for U.S. citizenship and other immigration issues. Call 424-2486.

### Thursday

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ An investment fundamentals workshop is at the FSC from 9 to 11 a.m. Call 424-2486.

▲ Sponsorship training is from 9 to 9:30 a.m. at the FSC. Call 424-2486.

### Weekly

▲ Find out what programs and services are available at the FSC by reviewing the center's monthly program calendar on the Travis Intranet. Locate it at <http://w3.travis.af.mil/fsc/cindex.htm>.

▲ Receive free child care from the Air Force Aid Society at the Child Development Center if your family is experiencing stress due to illness, moving or TDY. For a referral certificate contact the FSC, Family Advocacy, any chaplain, a medical professional, supervisor, commander, first sergeant or the CDC. For more information, call 424-2486.

▲ Infant car seats are on loan from the FSC. Car seats are for newborns up to 40 pounds. Parents who are PCS-ing in or out and those on medical orders must provide a copy of their orders. For specifics, call 424-2486.

## Family Advocacy

### Family wellness

A program for families held Tuesdays 6 to 8 p.m. discussing parents and children in healthy families, couples in healthy families, changes in children as they grow, solving family problems and passing on family values. Call the Family Advocacy office to register at 423-5168.

### Parenting classes

Common Sense Parenting is a program for parents of children 3 years old and older. Topics include effective praise for good behavior, preventing problems before they occur and stopping problem behavior. Classes are at the David Grant Medical Center Wednesdays from 2 to 4 p.m. and last six weeks. Call the FA office to register at 423-5168.

### New parent support

The New Parent Support Program offers support, referral services, education and information on a variety of subjects



*On the run: Volunteers and fitness instructors manned the May Fitness Month booth from 11 a.m. to 1 p.m. last Friday. They explained the Mission Fitness program to patrons and encouraged people to get points for workouts. Every fitness class attended, daily workout done and smoothie bought earns points toward the Air Force grand prize of a trip for two to Jamaica or the Bahamas.*

such as pregnancy, childbirth, fatherhood, newborn care, mother/baby care, growth and development, playgroups, breastfeeding/bottle feeding, nursing mom's program, parenting and more. Participants will also receive free books, tapes and CDs. Held on Wednesday from 11:30 a.m. to 12:30 p.m. in the FA clinic at DGMCC. For more information, call 423-5168.

### Management class

The FA program invites you to participate in the next self-management class to learn effective ways to manage anger. The seven-week course is held on Tuesday evenings from 4 to 5 p.m. at DGMCC. Active-duty members and their spouses are encouraged to attend. Seating is limited. Call the FA office at 423-5168 to register.

### Couples class

Couples Communication is a program designed to help couples improve communication, conflict management and problem solving skills. The five-week course is held on Tuesday evenings from 4 to 5:30 p.m. at the DGMCC. Call FA to register at 423-5168.

### Playgroups

Playgroups for parents and their children meet at the Chapel One Annex on First Street. Tuesdays 10 to 11:30 a.m. is the Time For Us playgroup is for children 2-4 years of age and Thursdays 9:30 to 11 a.m. is the Rattles To Raspberries playgroup for infants to 2 years old. The Toddlers play-

group has been closed until further notice. Children enjoy crafts, guest speakers, music and free play. Registration is not necessary for any of the playgroups. For more information call 423-5168.

## Chapel

### Catholic services

▲ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

▲ Thursday, noon, Catholic communion service, DGMCC Chapel.

▲ Saturday, 4 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

▲ Sunday, 9 a.m. children's liturgy of the Word, Chapel One.

▲ Sunday Mass, 12:30 p.m., Chapel Center.

### Protestant services

▲ Friday, noon, 30-minute worship service, DGMCC Chapel.

▲ Sunday, 8 a.m., community, praise and worship service, Chapel Center.

▲ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

▲ Sunday, 11 a.m., community Gospel service, Chapel One.

### Jewish services

First Fridays, 7 p.m., Sabbath services and third Saturdays, 10 a.m. Sabbath services are temporarily meeting off-base. Call 424-3217 for locations.

# DUI Educational Task Group conducts real-world experiments



Photo and story by Airman 1st Class Alice Moore  
60th AMW Public Affairs

There's a unique twist to Travis' continuing campaign against drinking and driving.

During a period of three weeks, Travis' Driving Under the Influence Educational Task Group will be using various people of different shapes and sizes to explore the idea of how a few drinks can affect proper decision making, said Capt. Tina Johnson, 60th Air Mobility Wing Protocol chief and project officer of the task group.

"How well you know your body isn't something you know from reading a book," said Johnson. "This project is designed to link a person's subjective feelings with reality."

The project will consist of nine participants ranging from the ages of 21 through 38. The group will include males and females with a height range of 63 - 79 inches and weighing anywhere between 115 - 268 pounds.

During an hour time frame, participants will be asked about

their own perceptions on how they feel after drinking alcohol. One example of the various questions: Do you feel safe to drive home after having a couple of drinks?

After being asked about their perceptions, the participants will be given sobriety tests performed by officers from the California Highway Patrol, said Johnson. The officers will share the results with both the participants and base officials.

Along with the tests being performed on the participants, Johnson says each week the participants will be given sobriety tests based on eating prior to drinking as well as drinking with less food in their bodies. She also says tests will be performed on the participants when they are dehydrated.

"We're implementing different scenarios to test the individual's tolerance levels. We want to show a person can have different reaction times to alcohol on an empty stomach verses if they've had a big meal prior to consumption," said Johnson.

With the project almost in full-

swing, Johnson believes this is another great tool to educate Team Travis on the issue of drinking and driving. Base officials also agree.

"Over a period of time we've had great avenues of educating our troops about the issue of DUI. These avenues include presentations from Mother's Against Drunk Driving, law enforcement officers and airmen sharing firsthand experiences with receiving DUI's," said Command Chief Master Sgt. Dan Johnson, 60th AMW command chief.

"I think anytime you educate, it's positive," the chief continued. "This is another opportunity for us to learn. The participants not only will learn about themselves but will also be able to share information within their squadrons. They will be able to spread the message of making the right choices."

Chief Johnson also says the participants were picked based on their willingness to participate and because they're have a positive influence among their peers.

"Hopefully what I'm doing

catches someone's attention. I hope everyone will also come out and watch," said Staff Sgt. Misty Grenier, 60th Component Repair Squadron.

"I like to help whenever I can. Hopefully what I learn will give others something to think about. I'm also curious to find out my own tolerance levels," said Airman 1st Class John Cano, 60th Communications Squadron.

Capt. Johnson says the group is optimistic about the project's success in communicating a preventative message.

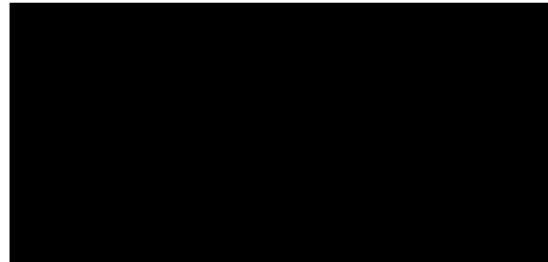
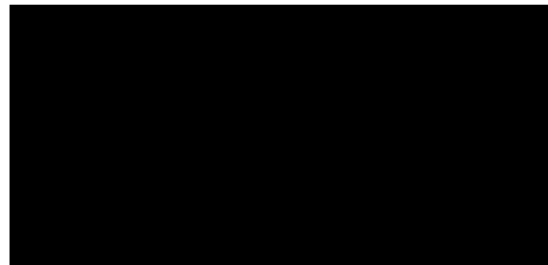
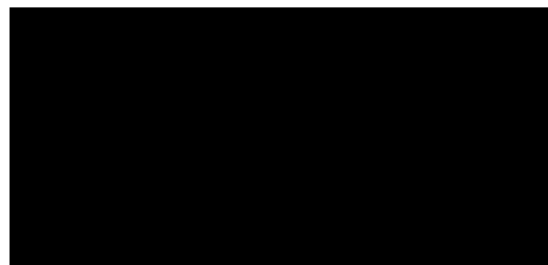
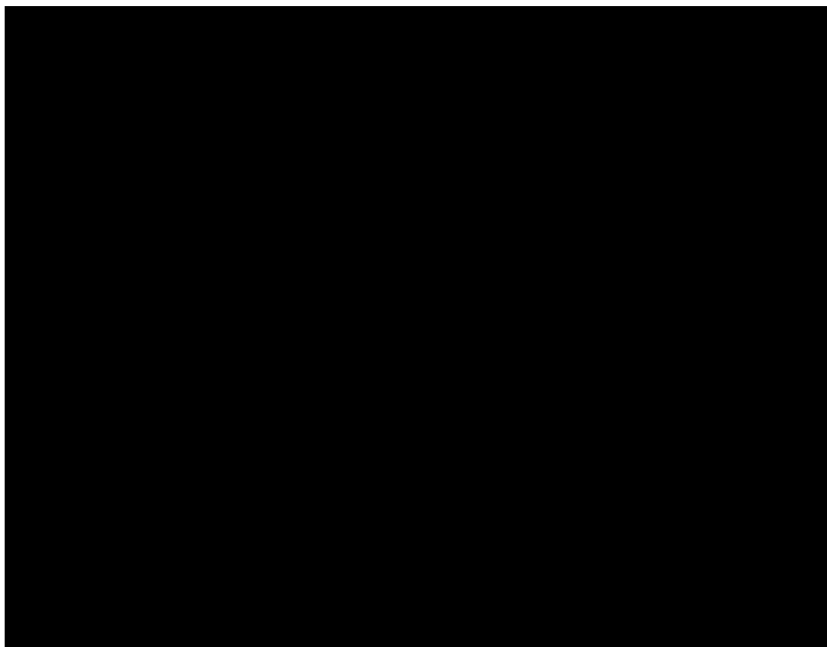
"Anytime you drink and drive you're putting yourself at risk of hurting yourself and hurting others. Hopefully we can show firsthand how someone perceives to feel may not actually be the true impact of their alcohol consumption. Then in the future, they'll be able to make better choices."

The experiments will be conducted at the Delta Breeze Club today, May 17 and May 31. From 4:30 p.m. to 6:30 p.m. All are encouraged to attend the club to observe.

"Anytime you drink and drive you're putting yourself at risk of hurting yourself and hurting others."

Capt. Tina Johnson, Task group project officer

**Classifieds work!  
Call 425-4646**







Arielle Kohn / Visual Information

At only 32 years old, Staff Sgt. Edward Washington III Center. His proudest moment — having his father there bowled his first perfect game April 30 at Travis Bowling to see it.

# The Perfect Score

## Father, son bowling team on a hot streak

By Linda Mann  
60th Services Squadron

When Staff Sgt. Edward Washington III, orderly in the 60th Services Squadron, bowled a perfect game at the Travis Bowling Center on April 30 he was excited about his unexpected score, but even more excited that his dad was there to see it.

"The 300 was a great feeling, but the better feeling was how proud my dad was of me," said Washington III.

Only eight other bowlers at Travis Bowl have bowled a perfect game so far this year. Washington III, who normally bowls about 182 said he didn't think he would bowl a 300 game this early in life—just one day after his 32nd birthday.

"I'm not that consistent. I might bowl 284 one game and 134 the next. I just couldn't miss that night—it was like throwing the ball into the ocean."

Washington III says bowling a 300 game is good, but it's much harder to bowl three good games in a row like his dad did.

"It's very hard to get over 800. I am very proud of my dad. His name will now be in the Bowling Hall of Fame in St. Louis," said Washington III.



Retired Tech. Sgt. Edward Washington Jr. plays on many leagues both local and national and has the highest series score at Travis Bowling Center this year—801 in three consecutive games.

His father, Washington Jr. taught his son to bowl when he was about 7 years old and got Washington III involved in an Adult/Jr. league when he was

10. Father and son have been bowling together any chance they get since then.

Retired Tech. Sgt. Edward Washington Jr. has been bowling for about 45 years and currently has the highest series score at Travis Bowl—801.

He bowls in many leagues including the Travis Seniors, Travis Classic and Wednesday Mixed.

This weekend, Washington Jr. will be in Montana bowling in the Nationals with a team he helped organize years ago mostly made up of retired military from all over the nation.

The Washington family agrees that it takes more than talent and skill to bowl well. The condition of the lanes — oil paths, how well they are waxed — the humidity in the air, the attitude of the player and the condition of the ball all make a subtle difference.

Their advice to improve your game—practice, focus on your game and don't get upset if you bowl a bad game.

"Talk to the bowling staff and other bowlers for pointers. The staff at Travis is very helpful. But most of all, you've gotta have fun," said Washington Jr.



Master Sgt. Steve Alexander enjoys working out as the sunshine pours through the large windows at the newly remodeled Fitness Center.

## Expanded Travis Fitness Center unveiled May 2

By Linda Mann  
60th Services Squadron

After more than a year of hard work, sweat and planning, the Fitness Center renovation is finally complete. The doors opened May 2 as the finishing touches were still being completed, and new customers and faithful patrons were excited about the changes.

The Air Force has many requirements for its Fitness Centers including a ratio of how much space and equipment are available to the base population. In addition, most of the old fitness equipment could not be reused in the remodeled Fitness Center—which means many new cross trainers, cycles and treadmills fill the floor.

"It's amazing. Now you don't have to wait for the machines and it's not as crowded," said Staff Sgt. Marlo Obcemea, 60th Medical Support Squadron. "The parking is much better too."

Master Sgt. Raleigh Addy, 60th Aircraft Generation Squadron, works out about three times a week mostly playing basketball and

cycling.

"I think the new equipment is great. There is a lot more room, and I like everything in one place including the Health and Wellness Center," said Addy.

Chief Master Sgt. Michael Dogan, 660th Aircraft Generation Squadron, also likes the one-stop-shopping at the remodeled Fitness Center and loves the smoothie bar, TV monitors and air conditioning.

Master Sgt. Steve Alexander, 15th Air Force KC-135 weapons' system manager, said, "There is a lot more space, everyone can spread out and not trip all over each other. There is a lot more sunshine with so many windows and everything is more centralized."

The entire Travis community is invited to the ribbon-cutting ceremony at the Fitness Center at 3 p.m. May 13 to use the new equipment, learn about the expanded services and get involved with May Fitness Month.

Arthur Myers, Air Force Director of Services, will visit Travis to participate in the unveiling of the newly remodeled Fitness Center. 60th Air Mobility Wing Commander Col. Dave Lefforge will also be a guest speaker at the event.